

Nolalu's GRASSROOTS

News & Events



Fun Facts About Christmas In Canada

- ◆ Canada was first introduced to the Christmas tree in 1781 in Sorel, Quebec, by a German immigrant, Baron Friederick von Riedesel. The number of farms that grow Christmas trees in Canada is 2381. The most Christmas tree farms are found in Ontario, with 647 farms. The average area of land per farm allocated to growing Christmas trees is 55 acres in Quebec. Christmas tree farms in Quebec are, on average, the largest in Canada, followed by Nova Scotia with an average size of 52 acres per farm.
- ◆ 6.7 million litres — The volume of commercial sales of eggnog in Canada in December. Virtually all eggnog sales are in November and December.
\$449 million — The amount of monthly sales of candy, Christmas chocolate and snack foods sales at large retailers in December, the month with the highest sales.
\$549 million — The value of consumer electronics, such as televisions and audio and video equipment purchased in Canada in December, with a 127% spike compared to average monthly sales.
\$435 million — The value of toys, games and hobby supplies, including video games, purchased in Canada in December, up a whopping 184% from average monthly sales for this category.
- ◆ As a general rule, Canadian children believe in Santa Claus. Canadians are especially proud to say that their country is the home of Santa Claus, and in some corners of Canada, Christmas is celebrated 365 days a year. They even have towns named for Christmas:
 - Reindeer Station (Northwest Territories)
 - Christmas Island (Nova Scotia)
 - Sled Lake (Saskatchewan)
 - Holly (Ontario)
 - Noel (Nova Scotia)
 - Turkey Point (Ontario)
 - Snowflake (Manitoba)
- ◆ Each year Canadian volunteers reportedly give 200,000 hours of time helping Santa answer letters from children all over the world!
- ◆ As a warm family tradition, most Canadians will sit down to a Christmas Day dinner that harks back to a traditional UK Christmas feast of roast bird, stuffing and sauces.
- ◆ And even before the final cleanup, Canadians will be planning for a post-holiday shopping extravaganza otherwise known as Boxing Day.



NCC NEXT MEETING:
NO Meeting in December
ALL meetings are at the NCC and open to the community.

LSB NEXT MEETING
NO Meeting in December
ALL meetings are at the NCC and open to the community.

NEST NEXT MEETING
Thursday December 8
@7:30pm
All meetings are at the west firehall and open to the community

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Catherine and Terry Niemi
51 Delints Road, Nolalu
768-5357 or 633-2949
therustybucket@tbaytel.net

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Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

For information during an emergency for the Nolalu area, call: 807-475-4441

For Road information call: 511

NCC Volunteer Board

President	Breanne Neufeld	breanne.neufeld@lakeheadu.ca	
Vice President	Angela Woodhouse-Wild		807-475-8968 or text 807-630-6061
Secretary	Mary Ellen Scott		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	
Events Coordinator	Emma Allgood	nccevents@outlook.com	Text to 519-410-8733
Kitchen Coordinator	Rob Houle	roberthoule66@gmail.com	807-632-1922
Volunteer Coordinator	VACANT		
Media Coordinator	Hailey Simmons	nolalu.media@gmail.com	
GrassRoots Editor	Odette Houle	grassroots@tbaytel.net	807-630-9442

Nolalu Dump WINTER Hours October 1—April 30

ADRIAN LAKE

Sundays 12 pm - 3 pm

HARDWICK

Sundays 4 pm - 6 pm

NEXT NCC MEETING:

No Meeting in December, 2022

ALL NCC meetings are open to the community.

Peace on earth will come to stay, when we live Christmas every day. ~Helen Steiner ~



~Announcing that we are now your go to for Dirt Track



Race Car Parts !

4 X 10 Coloured Aluminum Sheets

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Transmission/Differentials

Can Repair or Rebuild Bert or Chevy Power Glide Trans

Hoosier Tires

If we don't stock it we Can get it – call Wayne 629-4888

*****We are a Local Amsoil Distributer with huge Inventory *****



"The First in Synthetics"®

Also note: We now have a Gold Certified Polaris Technician on Site for your toy Repairs! Call our Service Dept to book your appointment or for more info 622-2829.



Rural 60 Plus 5 Pineview Road
 Kakabeka Falls 475-5779
Rural60@tbaytel.net

The 40th Anniversary Celebration Dinner was held on October 28th at the Kakabeka Legion with 84 members and 10 guests enjoying an excellent meal. The Centre supplied the dessert which was a beautiful cupcake cake from Carol's Cakes with the logo of Rural 60 Plus on it.



After dinner draws were made for a total of 30 gifts donated by various businesses and members of the Centre.

A huge Thank You to the following donators:
 Businesses that are used by the Centre:

- | | |
|------------------------|---------------------|
| Twin City Refreshments | ADIS Cleaning |
| BrokerLink Insurance | MNP/LLP Accountants |

Other businesses:

- | | | |
|-------------------------|--------------------------|--------------------|
| Evergreen Pharmacy | Thunder Oak Cheese Farms | Green Acre Variety |
| Chatters Salon & Beauty | Ontario Power Generation | Eclips Hair Design |
| Aslinz Aesthetics | Metro | |

Members of the Centre:

- Carvers – Hank VanVeller, Joe Neumueller, Rick Dowswell, Larry Salmon
- Craft Room – Bob McCluskey, Art Dubois
- Loom Room – Tina Guzzell
- Quilters – Sharon Corrigan, Tine Meyer, Anita Glavish, Deb Aitkins, Pat McElroy, Diane Buchan, Shirley Erickson, Doreen Rogers, Susan MacMaster

Other members:

- Carol Nesbitt, Lloyd and Susan Hanton, Lauretta Graves, Jim Upton, Phyllis Garton, Lucy Kloosterhuis.

Thank you to all the Board members who took letters to different businesses to request the donations we received.

- Carving:** Monday from 10am to 3pm
- Disking:** Monday from 1pm to 3pm
- Weaving:** Tuesday & Thursday 10am to 3pm
- Cribbage:** Wednesday from 1pm to 3pm
- Beginners - Carving:** Wednesday 10am to 3pm
- Quilting:** Wednesday 10am to 3pm
- Knitting:** Tuesday & Thursday 10 am in Library
- Craft Room:** Open Monday to Friday 10am to 3pm



Yoga & Watercolor Painting are finished until the New Year

Are you experiencing a louse-y situation? Let me make this Lice'N'Easy for you! Hi, I'm Irene and I am here to help you alleviate the stress of a nit-picky circumstance. As a fully licensed Head Lice Technician, through the Lice Treatment Center, I have been trained to search for and eliminate the unwelcomed guests residing in your hair and on your scalp. Using my trained techniques, I will ensure your satisfaction guaranteed. I will achieve this by coming to the comfort of your home and meticulously combing through every inch of your hair and scalp while using 100% natural products.

LICE N EASY
 Thunder Bay , Ontario
 Lice Removal Service
 Call or Text 807-708-6950
 Irene Levesque
 Professional Head Lice Technician



Fees: - \$75*/first hour (one hour minimum) - \$50/every additional hour - Additional charges may apply for out of boundary destinations

Call or text me today to make your life Lice'N'Easy!! To give you an idea of how much time it may take, here are some common examples of what my services have seen:

- 1 hour for short hair - 1.5 - 2 hours for medium length hair - 2 hours for long hair - 2.5 + hours for exceptionally long hair

All of these times may vary, depending on thickness of hair and how severe the infestation may be

Kakabeka Legion News

- | | |
|-------------------------|--|
| Saturday December 3rd: | Dance with Quest 7-10pm |
| Sunday December 4th: | Christmas Concert with Just 4 U, 2-4pm
All proceeds for the Rural Cupboard Food Bank
Admission by donation and matched by the Legion
to a maximum of \$2,000. |
| Saturday December 10th: | Exec/Gen mtg 2:30/3pm |
| Sunday December 11th: | Buffet Breakfast 8:30-noon |
| Saturday December 17th: | Christmas Dinner/Dance with Quest
Supper at 5pm, Dance 7-10pm |
| Sunday December 18th: | Christmas Supper in support of
the Rural Cupboard Food Bank 4-6pm |

For all supper reservations, *until 4 days before the event*, call Gary 708-0411.

The Kakabeka Legion wishes everyone a safe and joyous Christmas.



**Kakabeka Falls
and
Rural District
Branch 225**

Blast from the Past

Below are some excerpts from past Grassroots editions; 1987, 1985, 1986, 1983, 1982

- ◆ Dog House open Friday, Saturday, Sunday, 9am to 5pm
- ◆ Pancake breakfast made \$267.68
- ◆ The P.D. Station is available for lease
- ◆ Karen Maki will make calls to residents who are ill, hospitalized, new parents, or new to the community
- ◆ Please help keep the ice rink clear, shovels provided
- ◆ Playgroup cancelled for January due to renovations at the centre
- ◆ Wintario grant came through for new rural arena
- ◆ Thanks to Hilaire Sarrasin and Roy Hill for their donation to the children's Christmas party
- ◆ Kissing booth to be held at the Carnival, please nominate people to donate their lips for a good cause
- ◆ Matt Nummikoski to do a chain saw carving demonstration at Spring Carnival
- ◆ Auction and dance to be held June 25, bring your unneeded items to the centre
- ◆ Dancercise every Wednesday night from 7:30 to 9:00pm
- ◆ Summer Marketplace to open, please consider contributing your crafts for consignment
- ◆ Window Panes 42x50 for \$10.00, 42x15 for \$5.00
- ◆ Our new furnace is in and Nolalu Volunteer Fire Team gratefully accepted the centre's old furnace.
- ◆ New Years Eve tickets available for \$17.50, includes smorgasbord and dance
- ◆ Happy 25th Anniversary to Joan & Rex Wilson
- ◆ Budget—A schedule for going into debt systematically
- ◆ Competition for King & Queen of the Carnival open to 12 to 17 year old's
- ◆ Coffee House featuring various entertainment, \$1.50 admission
- ◆ Fun Run—From Lark's Store to the Centre, 10 miles, lots of prizes
- ◆ Carnival Queen—Donna Tienhaara, Carnival King—Darren Niemi
- ◆ End of school dance, music by Partie Sound, \$1.50 admission
- ◆ Adult Courses available in Nolalu for the fall are Know Your Car, Meat Cutting, Chinese Cooking, and Christmas Crafts
- ◆ Nolalu Ladies Baseball Boogie to be held June 26
- ◆ Nolalu Community Centre T-shirts now available for \$6.00, kids \$5.00
- ◆ Eight people have taken the projectionist course and will be qualified to run the projector for community groups. The Library has a catalogue of over 3000 films that will be available free of charge
- ◆ Nolalu Play School picnic to be held at Kakabeka Falls park
- ◆ Ad's for the newsletter listed at \$2.50 but it doesn't say the size
- ◆ Community Centres are for people

Stay tuned for more Blast From the Past excerpts

When we remember a special Christmas, it is not the presents that made it special, but the laughter, the feeling of love, and the togetherness of friends and family that made that Christmas special.

~Catherine Pulsifer~

HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

475-8804 OR 475-8814



**AUTOMOTIVE
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OTHERWISE POSTED**

LAUNDROMAT

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**CALL TO BOOK YOUR APPOINTMENT
SNOW REMOVAL, SAND & GRAVEL
CONSTRUCTION/FLOATING**

****FREE QUOTES****



NOLALU HOLIDAY FIRE SAFETY

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.



HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.



HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- ! More than **one-third** of home decoration fires are started by candles.
- ! More than **two of every five** decoration fires happen because decorations are placed too close to a heat source.



Nolalu Emergency Services Team

Hall 807-475-4441 RR1 Nolalu ON
Nolalufirechief@gmail.com POT 2K0



Emergency 807-473-5200

Cooking & Baking Hints from Nolalu Community Cookbook 1975

- ◆ After cleaning a chicken or turkey, rub the inside and outside thoroughly with a lemon before putting in the dressing. This makes the meat white, juicy, and tender. Adding a teaspoon of vinegar to the water when boiling, also makes it tender.
- ◆ Drop a few small pieces of camphor in the box that contains the silverware, and it will prevent it from tarnishing. To remove scratches from silverware, rub it with a paste made of olive oil and putty powder. Rub gently with a soft cloth, then wash with hot water.
- ◆ Do not keep olive oil in a cold place as it is injured by freezing. Always keep it in an airtight jar or tin.
- ◆ Variations for a plain white cake: coconut, chopped nuts, citron and raisins, dates, or spices to the batter before baking (anise, caraway, or fennel seed are unusual and delicious)
- ◆ When water is boiled for drinking and cooking purposes, try pouring it from one pitcher to another several times before using. It will lose its flat flavour.
- ◆ If steel knives should become discoloured, dampened fine fire ashes will clean them effectively.
- ◆ Before putting new cast iron ware to use, it is always advisable to boil it.
- ◆ If your breadbox is rusty, clean it by rubbing it with emery paper, gently. To prevent further rusting, coat it with some lard. Good for cookie tins too.
- ◆ Cakes. If too much flour is used, the cake will crack on the top. It will rise over the top of the pan and have a coarse texture if baked in too slow an oven. If put in too hot an oven, it will brown on top before it has risen sufficiently. Do not move a cake in the oven until it has risen to its full height. Cakes require a moderate oven. The larger the cake, the slower the oven.
- ◆ Try cutting cheese into chunks, putting it in a covered fruit jar in the fridge. The cheese will stay fresh for a long time.
- ◆ To cut a slab of bacon into thin, even slices, first chill it in the freezer until firm.
- ◆ Mending knives. When they come loose from their bone or ivory handles, they may be repaired by powdering some resin, and filling the hollow with it. Then heat the iron stalk of the knife or fork, until red hot and press into handle until it is in its original place. Wipe off excess. Let alone until firm and dry.
- ◆ Brush tops of bread loaves with water before baking for crispier crust.
- ◆ Crystal glasswares or dishes are less likely to break if they are placed on the stove, in a pan of cold water, and allowed to come to a boil. Let boil for about 10 minutes and then allow to cool in the same water. If your water is hard use rain water.

What is Christmas? It is the tenderness of the past, courage for the present, and hope for the future. ~Agnes M. Pahro~



RURAL READERS

BOOK CLUB

Rural Readers Book Club

Gatherings are the first Monday of the month., 7—9pm at the Nolalu Community Centre (2266 Hwy 588).

December 5th Meeting: Yukio Mishima's darkly humorous, nearly absurdist, pulp-noir novel, "LIFE FOR SALE".

January 2nd discussion: Margaret Laurence's Canadian classic, "THE STONE ANGEL."

Join online discussion: www.facebook.com/groups/ruralreadersbookclub

Questions? Call/text (807) 632 - 3950

Local Lawyer Olivia Pietrangelo Moves to Nolalu & Does House Calls For Wills & Estates

As a Nolalu local, Lawyer Olivia Pietrangelo now offers house calls for Wills, Powers of Attorney & Estate Administration from Murillo to Hymers, South Gillies & Nolalu.

I DO HOUSE CALLS IN NOLALU!

You Deserve Peace of Mind.

Lets Talk About Your Estate Plan & Create a Will and Powers of Attorney Today.

Olivia's Practice Areas:

+Wills & Powers of Attorney +Estate Planning
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Why Make a Will & Powers of Attorney?

**DISCOUNT
COUPON**

5% OFF
Wills For You
& Your Family

***Must Live In NOLALU To
Claim**

If you don't have a will, your family won't have instructions to deal with your body or assets when you pass. As a result, they are more likely to fight after you pass away, and may become estranged. If there is a family fight over assets, your estate may be depleted during litigation.

Making a Will & Powers of Attorney will give loved ones of your choosing the legal authority to deal with your estate and assets according to your specific directions.

"I have seen far too many families torn apart by not properly planning their estates. Contact me today to make your plan."

Let's secure your family's inheritance together"

- Olivia Pietrangelo

My family and I would like send out a special Thank-you to the Nolalu Fire Rescue and First Response. In November our daughter slipped on some ice and fell down our front stairs. So we called NEST and they were quick to respond. In no time they had her leg splinted and ready for transport in the ambulance. The paramedics, the doctors and hospital staff, and especially our own EMT's were so amazing, so helpful and understanding, taking great care of our daughter even while her son was busy showing them his fire engines. She is at home now with her ankle in a cast, recuperating as best as possible. Thank-you once again for your great care.



Canada Post's Santa Letter Writing Service has been running for more than 35 years.

To date, more than 26million letters have been answered in over 30 different languages – including Braille – and letters have come from all around the world. The service processes an average of a million letters a year and roughly 200,000 elves (err, OK, volunteers from the Canadian postal service) donate their time to write or type replies on behalf of the Great Man himself.

Instead of the grey sacks used for day-to-day mail, all the Christmas letters are sorted into bright red sacks of the very kind Santa himself uses. What's more, the service is absolutely free. Letters to Santa do not require postage within Canada and the response from Santa is delivered free.

There are just three requirements. Firstly, all letters must be sent before 14 December. Santa is a busy man in December and needs plenty of time to get writing. Secondly, letters must be sent to the correct address: Santa Claus, North Pole, H0H 0H0, Canada. The postal code is particularly important: it was specially commissioned for the Santa post and letters won't reach the North Pole without it. Finally, while lists are fine, Father Christmas enjoys proper letters. Children are encouraged to write about their likes and dislikes, what they have been up to and what they would like for Christmas, and are free to include illustrations. Apparently, Mrs. Claus is particularly partial to stickers.
Courtesy of Canada Post

It's Christmas Eve. It's the one night of the year when we all act a little nicer, we smile a little easier, we cheer a little more. For a couple of hours out of the whole year, we are the people that we always hoped we would be. ~Frank Cross, "Scrooged"~



Did Ya Know?

Want to find out what local people in the area or what your neighbours have to offer?

Looking for a unique gift? Why not invest in some superior craftsmanship and get a pair of gorgeous gauntlets for you or that special someone in your life. Contact Patti Redfern at her email pattiredfern6@gmail.com Facebook page is Redskunk Leather & Art. Website is www.Redskunk.ca

If you would like to have your home business mentioned just drop me a line.
grassroots@tbaytel.net

Please check out our regular supporters in the Grassroots such as; See Clearly and More



See Clearly

QHHT PAST LIFE REGRESSION

Do you ever wonder what your life's purpose is? Well take a journey into your past lives to find out and to receive answers to any other questions you might have as we tap into your higher consciousness. Allow me to help you, heal yourself!

Cathy See - Level 2 QHHT Practitioner (Quantum Hypnosis Healing Technique) as taught by Dolores Cannon.

For more information or to book a session, please Call 807-628-9535 or e-mail seeclearlyqhht@yahoo.com More information also available at www.qhhtofficial.com

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue
to support us during COVID-19.

Your donations enable the food bank to remain open

Next Food Bank

Wednesday, December 14

Registration 9 am to 11 am

Drive-Thru Pick-up

Thank You

The biggest thank you we can give to the volunteers at the NCC Halloween Bash. It is one of our biggest events and requires so many hands. It could not have happened without the help of our incredible volunteers for set up, bar, entry, and kitchen during the event and the clean up crew.



These people made the event a success. We appreciate all their hard work.

A big thank you from the NCC to Dorothy aka Kasey, Reindeer aka Bryjette, and Spooky Clown aka Peyton who handed out treats at the NCC for Halloween. Thank you to everyone who donated treats. Well surpassing attendance numbers last year, 34 trick or treaters came calling! Everyone enjoyed seeing kids and adults of all ages dressed in wonderful costumes. Thank you also to Game Warden aka Larry Watson, Obi-Wan Kenobe aka Liz Pszczolko, Nolalutian aka Terry Niemi and BattyCat aka M.E. Scott. The evening was a howling success.

It's the end of the year and we want to give a special shout out to all our volunteers.

Extra thanks to those who give many, many hours of their time; Liz and Larry, Ang, Breanne, M.E., Rob and Odette, Kayla, Patrick and Emma, Marissa, Barb, Hailey, Jason, Andrew, our fish derby committee, and our student volunteers.



Nolalu Emergency Services Team



50/50 Fundraising Raffle

Nolalu Emergency Services Team (NEST) is excited to announce that with your support we will be building a new fire hall!

SCAN ME



Scan the QR code for a direct link
Tickets available online only at:

www.rafflebox.ca/raffle/nest

Follow us on Facebook for more info

<https://www.facebook.com/NolaluEmergencyServicesTeam>

Yae Reiki

Creating a Space for humans and animals, where all things are possible
Reiki promotes the flow of energy to bring balance and harmony
Please call and let's discuss how Reiki can help you!

Catherine Niemi

Registered Holy Fire JJJ Reiki Master

Registered Holy Fire JJJ Karuna Reiki Master

807-768-5357

PLAY GROUP

Come on out and have some fun.

Meet other children and parents in the community.

Play group is open to all on the
2nd Wednesday of every month at the
Nolalu Community Centre

1:00pm to 3:00pm

Hope to see you there



GrassRoots Business & Ad Fees, As of January 2023

☑ **Business card ad:** \$6.00

☑ **¼ page ad:** \$15.00

☑ **½ page ad:** \$20.00

☑ **Full page ad:** \$30.00

☑ **Community notices:** Free

☑ **Non-business classified ads:** Free



The GrassRoots submission deadline is the 15th of the month prior to your ad appearing in an issue of Grassroots.

Please email submissions to: grassroots@tbaytel.net in PDF or WORD format

Please make all cheques payable to Nolalu Community Centre.

Invoices will be issued for payments not received up front, and sent out quarterly.

From the Editor's Desk

Well it has been quite the November in my house. We observed Remembrance Day at home as the weather was bad. We watched the service that took place in Ottawa, taking time to explain to our grandson why we have Remembrance Day. He did very well for his first time observing two minutes of silence. He seemed to realize it was important and didn't fidget.

On November 12, my daughter got the Christmas lights up outside. Rob was out there helping her put them along the fence line. We still have more to go up but Rob will have to do them on his own. Even though we have a lot of lights. I still put them on my Christmas wish list. I feel they just make the place look cheery. Rob says I'd probably have them on all the time if I thought I could get away with it, and if we could afford the hydro. I hope they bring you some cheer.

My daughter and I started it out November by planning our weekends full of craft sales. We planned on visiting as many as we could each weekend. Being newer residents of the area we wanted to know where to shop for unique and hand crafted gifts for Christmas. Rob would spend time with our grandson while us two ladies shopped. It was a good plan and we got two weekends of shopping in. My daughter even won a 50/50 draw at one of them. There are so many talented people in the area, so many homemade articles to choose from. We got some very nice handmade gifts. And then...my daughter fell and broke her ankle in two places and dislocated it. I don't know what we would have done without the Nolalu Fire and Rescue Team. They were quick on the scene and their care was amazing. My daughter had to have her leg set, twice, to reposition it. She said some pretty funny stuff while under the influence of the drugs they gave her. Lets just say there was no filter. They put a temporary cast while we waited quite a few days till they were able to get her into the operating room. She needed surgery to put a plate and pins in her ankle. Now she is on crutches and will be in physiotherapy for six months after the cast comes off. So life will be a little different around here with Rob and I seeing to getting our grandson on and off the bus, and doing a lot more of the chores. We got a crash course in how to take care of the chickens and the bunnies.

From our house to yours we wish you a joyous holiday season. Whatever you may be celebrating remember to take the time for your loved ones and for yourself. Take a breath, pause, remember why you are celebrating and what matters most to you. Cherish your family and friends and all the little miracles that happen every day.
Merry Christmas
Odette

The background features a light grey gradient with several vertical lines representing strings for hanging ornaments. Three ornaments are shown: two with red and white stripes and one with blue and white stripes. Scattered throughout are small red and blue stars.

Nolalu Community Centre

Christmas Brunch

December 11th 2022

11am - 2 pm

Pancakes with toppings and drinks!

SPECIAL APPEARANCE BY:

SANTA

\$5/Kid | \$10/Adult | \$25/Household

2266 Highway 588

Kids Colouring Page



Puzzles

Name: _____ Date: _____

4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

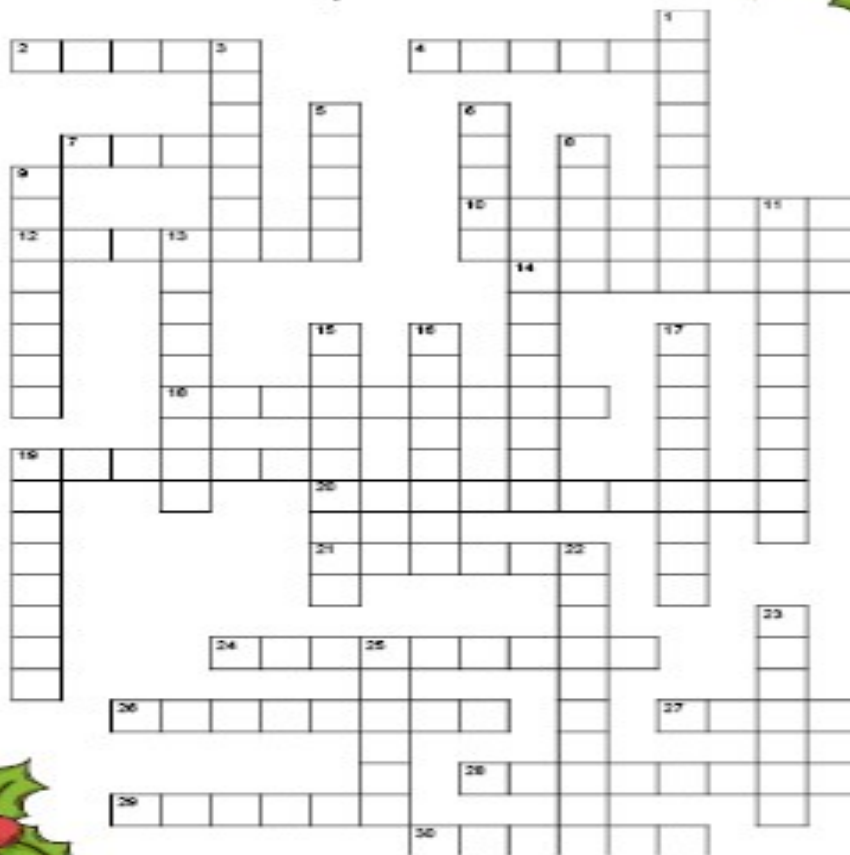
POINSETTIA
SANTA CLAUS

11 Letter Word

GINGERBREAD

Christmas Joy

DIRECTIONS: Fill in the crossword grid with the provided words.





CHRISTMAS DINNER

SUNDAY, DECEMBER 18TH

4 - 6 PM

KAKABEKA FALLS LEGION



IN SUPPORT OF THE RURAL CUPBOARD FOOD BANK

\$25 - ADULT

\$10 - CHILDREN UNDER 12



Drop-in Exercise



(Pilates/weights type)

Mondays and Fridays, 9:30am—
10:30am

Bring mat, weights, stretchy band.

FREE, all welcome.

FUN group.

We have extra equipment if needed

LOCAL SERVICES BOARD OF NOLALU



2022

NO Meeting

December, 2022

Nolalu Community Centre



NOLALU COMMUNITY CENTRE: HALL RENTAL

Contact any NCC Executive for hall availability and bookings.

- Package A: **Occasional daytime functions**
e.g., birthday parties, showers
Minimal use of kitchen e.g. fridge, **\$30**
Full use of kitchen, e.g. burgers on stove, **\$50**
- Package B: **Meetings of Community/Service groups**
Minimal use of kitchen
\$25 part day / **\$50** full day
- Package C: **Major day or evening functions**
e.g., weddings, family reunions
With liquor if required, plus full use of kitchen
Renter is responsible for obtaining and posting liquor license if re-
quired
\$100 (and up, at the discretion of the NCC, depending on func-
tion, risk, familiarity with kitchen equipment)
- Package D: **Memorial Service for community member**
Refreshments (sandwiches, pickles, desserts, tea, coffee) can be
provided
Specialty foods, e.g. suolakala, not included
\$40 plus the cost of food supplies
- Package E: **Businesses/Vendors Use**
e.g., Craft Fair, Marketplace, indoor/outdoor Yard Sale
Minimal use of kitchen, e.g. fridges
Use of washrooms for patrons
\$10 per table rental
\$5 per parking lot space rental

Table/Chair rental available: (max 17 8' tables, max 101 chairs)

At the discretion of the NCC Board

\$5/table, \$2/chair for the event.

Renter provides transportation and returns in clean condition.

Chairs are upholstered so must remain dry

Set-up charge for tables and chairs, if requested, additional **\$25**.

Clean-up charge, **if necessary**, additional **\$25+** at the discretion of the NCC.

The facility is to be left in a clean, tidy condition

NCC Events—December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Centre booked	2 Drop-in Exercise 9:30 am, FREE Centre booked	3 Centre booked
4 Centre booked	5 Drop-in Exercise 9:30 am, FREE Rural Readers 7:00pm Centre booked	6 Centre booked	7 Centre booked	8 Centre booked	9 Drop-in Exercise 9:30 am, FREE Centre booked	10 Centre booked
11 Pancake Brunch 11 am to 2 pm.	12 Drop-in Exercise 9:30 am, FREE	13	14 Play Group 1:00pm to 3:00pm FREE	15	16 Drop-in Exercise 9:30 am, FREE	17
18	19 Drop-in Exercise 9:30 am, FREE	20	21	22	23	24
25	26	27	28	29	30 Drop-in Exercise 9:30 am, FREE	31